

Sets and Reps

Do at least one set of a particular exercise for each muscle group. Research has shown that one set of exercise is as effective as doing two or three sets. This is good news if you don't have a lot of time to spend on your weight workout.

How Much Weight?

More is not always better, in terms of how much weight to lift. Set the weight at about 75% of the maximum amount you can lift for a particular exercise. Another way to determine the ideal weight is lift what you can at least twelve times. If you can do sixteen reps, raise the weight slightly.

Form Matters

Perform each exercise through a full range of motion, keeping the movement slow and controlled. Don't let the weights fall! If your form starts to suffer, or you feel pain, stop the exercise and lower the weight.

Safety First

Never hold your breath while you are lifting. This is a potentially dangerous practice, since it causes dramatic fluctuations in your blood pressure. You will probably be sore after the first few times you perform the exercises, but this should go away within a few weeks of working out. If not, see your fitness professional or your physician. If you haven't exercised in awhile or have special limitations, get your physician's recommendations before you begin a program.



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AMSC APPLICATION PROCESS

WHO: GS-12, GS/GM 13-14 and GS/GM15 by exception

HOW: Submit:

AMSC Application Form
DA Form 2302
Last 3 Performance Appraisals
SF 181

THRU: Local CPO/Installation Commander to MACOM

HQ DA Board selects, message notifies MACOM who in turn notifies applicants

WHEN: Local CPOS establish internal suspense to meet dates below

FUTURE CLASSES

<u>APPLICATION DUE</u>	
<u>START DATES</u>	<u>AT HQ DA</u>
9 JAN 96	18 SEP 95
7 MAY 96	22 JAN 96
10 SEP 96	20 MAY 96



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